

# Kentucky Opiate Replacement Treatment Outcome Study

2013 Findings at a Glance



## INTRODUCTION

This Findings at a Glance summarizes results from the annual Kentucky Opiate Replacement Treatment Outcome Study (KORTOS) follow-up report. Report findings indicate positive changes for clients in Kentucky as a result of medication-assisted opiate addiction treatment.

The goal of KORTOS is to examine client satisfaction, recovery support, and outcomes for several specific targeted factors including: (1) substance use; (2) mental health; (3) economic status; (4) living situation; and (5) criminal justice involvement. This report presents findings on outcomes for 208 clients from Kentucky opiate treatment programs (OTPs) who completed both an intake interview between January 1, 2011 and December 31, 2011 and a six month follow-up interview targeted between July 1, 2011 and June 30, 2012.

*“It’s completely changed my whole life. I’m a better person than I was. I had nothing before.”*

-KORTOS client explaining their rating of the treatment experience

## BACKGROUND

A total of 633 clients had an intake survey. Of these clients, 248 agreed to be contacted for the follow-up survey 6 months later, were eligible based on follow-up study criteria, and provided appropriate contact information. Of these 248 individuals, interviewers completed follow-up surveys with 208 clients, representing a follow-up rate of 83.9%. The follow-up interviews were conducted over the telephone by an interviewer at UK CDAR. The following are characteristics of the 208 clients who completed a follow-up interview:

**84%**  
Follow-up rate

- Clients were, on average, 32 years old at the time of intake, predominately white (97%), and over half were female (52%).
- Half of the clients were married or cohabiting at intake and 26% had never been married.
- Two-thirds had children that were under 18 years old.

## CLIENT SATISFACTION RATINGS FOR THE OTPS

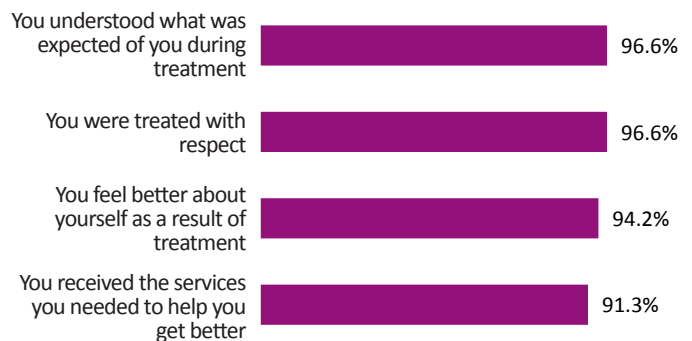
On a scale of 1 to 10, with 1 being the worst possible experience and 10 being the best possible experience, the mean rating was 8.1 indicating that most clients had an overall positive treatment experience.

**8.1**

Average treatment satisfaction rating

When asked about program satisfaction, the majority of clients indicated their experiences at the OTP were positive. The vast majority of clients agreed or strongly agreed with each statement displayed in Figure 1. Clients overwhelmingly reported feeling they were treated with respect, understood the expectations of the program, felt better about themselves, and received the services needed to get better at the OTP.

FIGURE 1. PERCENTAGE OF CLIENTS THAT AGREED OR STRONGLY AGREED WITH STATEMENTS ABOUT THEIR OTP EXPERIENCE (n=208)



*“The people are really supportive. They don’t just rush you in and out. They are there for you.”*

-KORTOS client explaining their rating of the treatment experience

## CHANGES FROM TREATMENT INTAKE TO FOLLOW-UP

KORTOS clients experienced improvements after treatment in several key areas including: decreased substance use, improved mental health, stable economic status, improved living situation, and decreased involvement with the criminal justice system.

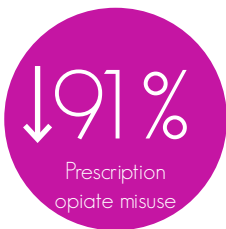
## SUBSTANCE USE DECREASED

Treatment significantly reduced the percentage of clients reporting substance use in the 30 days before the follow-up interview compared to the 30 days before entering the OTP.

At intake, 93% of clients reported any illegal drug use in the 30 days before entering the OTP. At follow-up 23% of clients reported any illegal drug use in the past 30-days, which is a statistically significant decrease of 75%.



When specific substances were analyzed, results indicated that:

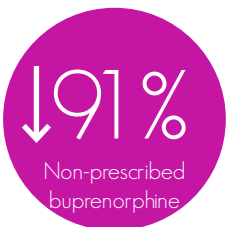


Eighty-seven percent of clients reported misuse of prescription opiates in the 30 days before entering OTP, while 8% reported use at follow-up. This is a statistically significant decrease of 91% in clients reporting misuse of prescription opiates.

About one fourth of clients (27%) reported using non-prescription methadone in the 30 days before entering the OTP and 5% reported use at follow-up. This was an 82% decrease in the number of clients who reported past-30-day use of non-prescription methadone.



At intake, about 1 in 10 clients reported using non-prescription buprenorphine in the 30 days before entering the OTP and 1% reported use at follow-up. This was a significant decrease of 91%.



*“I was headed down the wrong path. It saved my life. Life is slowly coming back together.”*

-KORTOS client explaining their rating of the treatment experience



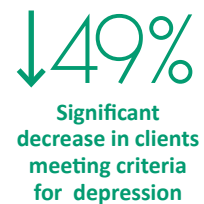
The number of clients who had an Addiction Severity Index composite score indicating drug dependence in the past 30 days decreased significantly by 80% from 100% at intake to 21% at follow-up.

Eight percent of clients reported past-30-day heroin use at intake. By follow-up, no clients in the sample reported heroin use (a significant 100% decrease in heroin use).



## IMPROVEMENT IN MENTAL HEALTH SYMPTOMS

The percentage of clients meeting self-reported DSM-IV criteria for depression decreased from 57% at intake to 29% at follow-up, representing a 49% significant decrease.



Clients were also asked about their physiological symptoms associated with higher stress. Higher scores (maximum of 75) on the Stress Index indicate higher stress and greater physiological consequences of stress. For the overall sample, Stress Index scores decreased significantly from 41.2 at intake to 13.5 at follow-up, representing a significant decrease of 67%.



## ECONOMIC STATUS REMAINED STABLE

The percentage of clients who reported employment remained stable from intake (56%) to follow-up (55%).

In the 12 months before they entered the OTP, clients reported working either full-time or part time for an average of 6.2 months. At follow-up, clients reported working 6.6 months.

**6.6**  
Number of months employed (full-time or part-time) before follow-up

**↓34%**

Significant decrease in clients reporting inability to meet basic needs

At intake 62% of individuals reported they were unable to meet at least one of the basic living needs (i.e., housing, utilities, telephone, and food) for financial reasons. At follow-up, 41% of individuals were unable to meet at least one of the basic needs, which was a significant decrease of 34%.

## IMPROVEMENT IN LIVING SITUATION

**↑19%**  
Significant increase in clients living in their own home

There was a 19% significant increase in the number of clients living in their own home or apartment from 63% in the 12 months before OTP intake to 74% in the past 6 months at follow-up.

## DECREASE IN CRIMINAL JUSTICE INVOLVEMENT

Only 18% of clients reported they were arrested in the 12 months before they entered OTP, and 6% reported an arrest at follow-up. This is a significant decrease of 65%.

**↓65%**  
Clients reporting an arrest

**↓71%**  
Clients reporting incarceration

At intake 16% of clients reported they had spent at least one night in jail or prison in the 12 months before they entered the OTP. At follow-up, only 5% of clients reported they had spent at least one night in jail or prison in the 6 months before follow-up, a significant decrease of 71% .

## INCREASE IN RECOVERY SUPPORTS

**↑140%**

Significant increase in percent of clients reporting attending mutual self-help group

At intake, only 17% of individuals reported going to mutual help recovery group meetings (e.g., AA, NA, MA, or faith-based) in the past 30 days. At follow-up there was a significant increase of 140%, with 41% of individuals reporting they had gone to mutual help recovery group meetings in the past 30 days.

## CONCLUSION

This Findings at a Glance provides a brief look at results from the KORTOS 2013 Annual Report which details outcomes of maintenance treatment in a state that has high rates of prescription opioid abuse. The significant increases in abstinence

*Overall, findings from the 2013 KORTOS report indicate Kentucky OTPs help clients successfully achieve treatment goals and positive life changes.*

across substances, improved mental health, more stable housing, increased use of recovery supports, and decreased rates of criminal justice system involvement indicate successful achievement of the overall treatment goals for the clients and OTPs in Kentucky.

*"It's helped me with my addiction more than everything else I have tried. [It] really improved quality of life for me and my family."*

-KORTOS client explaining their rating of the treatment experience

Suggested citation: Stevenson, E., Cole, J., Scrivner, A., & Logan, TK. (2013). Kentucky Opiate Replacement Treatment Outcome Study 2013 Findings at a Glance. Lexington, KY: University of Kentucky, Center on Drug & Alcohol Research.

Findings from the full Kentucky Opiate Replacement Treatment Outcome Study 2013 Annual Report can be downloaded from <http://cdar.uky.edu/KORTOS/>